



# 5 Things That Are Sabotaging Your Progress

# 1. Dieting

You know what's really common these days? The whole cycle of restricting calories or certain food groups, losing a bit of weight, and then going back to old eating habits only to gain back all, or even more, of the weight lost. It's like a never-ending loop that many Americans fall into. Contrary to popular belief, dieting can inadvertently lead to weight gain in the long run due to the potential for triggering metabolic adaptations, creating an unhealthy relationship with food, and fostering a cycle of restriction and overeating.



# 2. Having an “all or nothing” mindset

The “all or nothing” mentality often fails because it sets unrealistic expectations and places excessive pressure on individuals to adhere to strict rules or standards. This rigid mindset can lead to feelings of deprivation, discouragement, and increased likelihood of giving up when faced with minor setbacks or deviations from the plan. Moreover, it fails to account for the complexities of life, making it difficult to sustain over the long term. Embracing a more flexible and balanced approach allows for greater enjoyment, adaptability, and overall success in achieving goals.



# 3. Drinking calories

Drinking caloric beverages can limit weight loss efforts for several reasons. First, these beverages often contain a significant amount of calories without providing the same level of satiety as solid food, leading to a higher overall calorie intake. Secondly, caloric beverages, such as sugary coffees, fruit juices, or alcoholic drinks, can contribute to increased blood sugar levels and insulin resistance, promoting fat storage and hindering weight loss. Additionally, liquid calories are less likely to be compensated for by reducing food intake, meaning that people may consume these beverages in addition to their regular meals, resulting in a surplus of calories. Finally, caloric beverages may not be as satisfying or filling as whole foods, which can lead to increased hunger and subsequent overeating. Opting for low-calorie or calorie-free beverages like water, unsweetened tea, or black coffee can be more conducive to weight loss efforts by reducing calorie intake and promoting better hydration.





# 4. Comparing yourself to others

Comparing yourself to others is such a waste of energy, and here's why. First off, we're all unique individuals with our own strengths, weaknesses, and life circumstances. It's like comparing apples to oranges! You have your own unique strengths and challenges, and constantly measuring yourself against others only leads to negative self-perception and dissatisfaction.

Think about it: when you compare yourself to someone else, you're focusing on their highlights and successes, which can make you feel inadequate or like you're falling short. But here's the thing—we often only see a fraction of their story. People tend to present their best selves publicly, hiding their struggles and imperfections. So, the comparisons you're making are based on incomplete information!

Instead of wasting your energy on comparisons, why not channel it into something more positive? Focus on your own growth, your own progress, and your own unique journey. Set personal goals and work towards them. Celebrate your achievements, no matter how big or small they may seem. Embrace that God designed you uniquely and on purpose, rather than trying to fit into someone else's mold.

Remember, my friend, comparing yourself to others won't bring you happiness or fulfillment. Embrace that there is no one else like you in all the world, nurture your own dreams, and you'll find that your energy is better spent on loving who God created you to be and doing your best to care for the beautiful gifts He has given you.



# 5. Trying to do it on your own

Have you ever thought about your body as something that truly belongs to you, allowing you the freedom to do whatever you want with it? It's interesting to note that many Christians embark on weight loss journeys without considering what God has to say about caring for our bodies.

Sometimes it's easy to separate the physical from the spiritual, but in reality, they are deeply interconnected. God designed us as spiritual beings who inhabit physical bodies. Surprisingly, it matters to Him how we take care of the bodies He has given us through His divine wisdom. The good news is that He is on our side when it comes to caring for our bodies! He wants us to prioritize our body care and is willing to assist us if we ask for His help.

However, this doesn't mean that He will bless our efforts to become the perfect physical specimen merely for the sake of vanity, or that He will answer a prayer to bless unhealthy food that we consume in excess. God's desire is for us to responsibly steward our bodies so that we can fulfill the purposes He has called us to.



## What if you could feel strong, confident, and healthy without constantly obsessing over food?

If you've already been trying to do this on your own, I can probably guess how it might be going for you.

But together, we can lay a foundation of Biblical truth that will guide what it takes to be a good steward of the body that God has entrusted you to take care of, for His glory and the good of others.



📷 Scan or click the QR code to follow me on Instagram for more help and support on your body stewardship journey.